



## PHYSICAL EDUCATION CLASSES IN GENERAL SECONDARY SCHOOLS ARE A GUARANTEE OF FUTURE VICTORIES

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**Abstract:** *This article is on the subject of physical education classes in general secondary schools as a guarantee of future victories. In the process of physical education lessons in general education schools, methods of formation and development of voluntary qualities of schoolchildren are explained through various means. Necessary conditions for the formation and development of willful qualities of the student's personality are determined.*

**Key words:** *physical education, teaching process, tools, students, volitional qualities.*

**Аннотация:** *Данная статья посвящена теме занятий физкультурой в общеобразовательных школах как залогом будущих побед. В ходе уроков физкультуры в общеобразовательных школах с помощью различных средств объясняются способы формирования и развития произвольных качеств школьников. Определены необходимые условия для формирования и развития волевых качеств личности студента.*

**Ключевые слова:** *физическое воспитание, учебный процесс, инструменты, учащиеся, волевые качества.*

**Annotatsiya:** *Ushbu maqola Umumiy o'rta ta'lim maktablaridagi jismoniy tarbiya darslari kelajakdagi g'alabalar garovidir mavzusida bo'lib mavzu yuzasidan tadqiqotchi olimlarning fikr va mulohazalari chuqur o'rganib chiqildi. Umumta'lim maktablaridagi jismoniy tarbiya darslari jarayonida turli vositalar orqali maktab o'quvchilarining irodaviy sifatlarini shakllantirish va rivojlantirish usullari bayon etiladi. O'quvchi shaxsining irodaviy sifatlarini shakllantirish va rivojlantirish uchun zarur shartlar belgilanib beriladi.*

**Kalit so'zlar:** *jismoniy tarbiya, dars jarayoni, vositalar, o'quvchilar, irodaviy sifatlar.*

Enter. In the course of the school's educational and educational work, the student tries to overcome various difficulties and, in cooperation with the pedagogue, to form and develop his will through various means and physical exercises [1, 2]. He believes that in this process he will spend his knowledge and energy correctly, create useful things and achieve various achievements [3]. The student begins to believe in his own strength, knowing how to correctly assess his capabilities and abilities. All these are necessary conditions for the development of a person's will.

According to the author, formation and development of voluntary qualities is one of the most important tasks in physical education classes. Special importance should be given to the formation and development of the student's willpower in



physical education classes, because any sports achievements are primarily the result of willpower [4, 5, 6].

It is known that the concept of will has many meanings in psychology. Will is a feature of the human psyche, manifested by a person's self-control and determination of his activities and behavior, despite external and internal obstacles and influences [7, 8].

If we consider will as a person's ability to overcome external and internal obstacles to achieve a consciously set goal, then volitional behavior in this regard includes striving for the goal, self-control, giving up certain things if necessary. requires passing [9, 10]. An important quality of an adult is the ability to control one's own behavior. "If a person has clearly mastered his behavior, we can only talk about the formation of personality," writes D. Y. Turdimurodov [11].

Sports psychologists distinguish willpower qualities according to the level of importance for certain sports. Often they are divided into general and basic. In this case, the general levels are related to all types of sports activities, and the main ones determine the indicators of a certain type of sport [12, 13, 14]. In the process of accumulating life experience, the primary volitional qualities gradually acquire the knowledge and skills necessary for the implementation of volitional regulation, which replaces the ineffective manifestation of volitional actions [15, 16].

Thus, the low-level development of any qualities forces the formation of more complex systematic (secondary) volitional qualities from elements that perform compensatory functions [17, 18, 19]. The systematic nature of secondary volitional qualities is not related to the inclusion of a number of primary volitional qualities as a component, but also to the accumulation of knowledge and skills on voluntary regulation. The second allows to consider the issue of distinguishing volitional and comprehensive functional manifestations (volitional, mental and intellectual) of systemic qualities in different areas [20, 21, 22].

Courage can serve as an example of a systematic volitional quality, an integral part of courage, endurance and strength [23]. It also includes determination, discipline, independence, goal-seeking, initiative, including the functional manifestation of other aspects of the psyche, not the volitional sphere. The author says that personal self-regulation of activity is clearly manifested in these qualities [24, 25].

The mechanism of self-motivation among the students of the general education school is of decisive importance in the manifestation of their volitional activity. The psychological characteristics of school age create a favorable



environment for the formation of moral and voluntary qualities. At this age, the experience of moral behavior has already been accumulated, and the moral need for self-education arises. Self-awareness is the main motivational direction of this age period, which is associated with the active pursuit of personal self-improvement.

Will is manifested by schoolchildren under the influence of an idea that is important for society. Secondary school students can be determined to achieve their goals. The quality of their endurance increases dramatically, for example, during physical work and loading against the background of fatigue. This is a necessary component, goal, result, main driving force of the entire education and training process.

Summary. In conclusion, it should be noted that in the physical education of schoolchildren, students' goal-seeking (setting a goal and persistently striving for it), independence and initiative (without relying only on the teacher and without waiting for instructions from others) acting on initiative), perseverance (fearlessly overcoming the obstacles in front of you to achieve your goals) through the means of physical education has a good effect.

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